



MIDLAND HEALTH & SENIOR SERVICES

A DIVISION OF COMMUNITY SERVICES

PUBLIC HEALTH REVIEW

A Note from the Public Health Manager

Public health functions as "Your Invisible Guardian"

Protecting large and small communities from daily health threats



What Midland Health & Senior Services does:

- Disease Control: Immunizations, Communicable Disease, Sexually Transmitted Diseases
- Education Presentations
- Bacteriological Water Testing
- Clinical & Serological Testing
- Inspections: Food Establishment, Child Care Facilities, Swimming Pool, Septic Systems
- Vector Control and Mosquito Surveillance
- Preparedness Planning & Readiness Assessment
- Surveillance and Epidemiological
- Risk Communications & Health Information
- Disaster Response & Coordination

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"Whether it is a normal occurrence, terrorism, or disaster-related...today's Texas communities expect their government and public health agency to keep them safe. We do this through the prevention and control of disease."

Dr. Dennis Perrotta, National Center for Emergency Medical Preparedness and Response

From the Manager's Desk: Our Commitment

- Midland Health & Senior Services-commits to improve the health and quality of life of present and future members of our community.
- We commit to treating all people with dignity and honesty.
- We commit to accessible service for all people.
- We commit to our fellow workers, we celebrate their uniqueness, we respond to their leadership, and we applaud their accomplishments in public health.
- We commit to assuring a well-trained and professional workforce.
- We commit to integrity and believe it is gained by applying the highest standards to all our efforts.
- We commit to thoroughness and objectivity in providing scientific data and information to the community.
- We commit to earn the public confidence and trust by effective management and dedicated service.
- We commit to partnerships with relevant agencies and organizations to enhance public health surveillance, prevention and intervention activities.
- We commit to the use of innovative science and technology to enhance public health service.

Upcoming Events

- Midland Health & Senior Services will host the West Texas / Panhandle Chapter of the Texas Environmental Association meeting on June 26th at the Martin Luther King Center from 9:00 a.m - 4:00 p.m. The MLK Center is located at 2300 Butternut Lane.

MIDLAND HEALTH & SENIOR SERVICES
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Our mission is to promote and assure the health and well-being of the citizens of the City of Midland.

Grillin' and Chillin': Summer Cooking Safety

Keeping food safe during summer cookouts and picnics

Whether you bite into thick juicy burgers and dogs hot from the grill, pack a picnic for the park, or dine on dilled salmon on the patio, chances are you'll want to enjoy cooking and eating outside all summer long. Make the most of the fun by making sure your food remains safe: follow these **Fight BAC! tips** from the Partnership for Food Safety Education.

Wash , Wash , Wash Your Hands (as in Row, Row, Row Your Boat)

Always, wash your hands with hot, soapy water before and after handling food.

Marinating Mandate

When marinating for long periods of time, it is important to keep foods refrigerated. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Boil used marinade before applying to cooked food.

Hot, Hot, Hot

When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.

Temperature Gauge

Use a meat thermometer to insure that food reaches a safe internal temperature.

Where's the Beef? Chicken and Fish?

Hamburgers should be cooked to 160° F, while large cuts of beef such as roasts and steaks may be cooked to 145° F for medium rare or to 160° F for medium. Cook ground poultry to 165° F and poultry parts to 170° F. Fish should be opaque and flake easily.

Stay Away from that Same Old Plate

When taking foods off the grill, do not put cooked food items back on the same plate that previously held raw food.

Icebox Etiquette

BAC Down! Give bacteria the cold shoulder. A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to insure a constant cold temperature. Also, be sure to keep your refrigerator at 40° F or below. Use a thermometer to monitor.

SOURCE: www.fightbac.org



Preventing Recreational Water Illnesses (RWI's)

This summer, swimming pools will be filled with millions of people having fun and staying cool. But did you know that germs can contaminate swimming water even if it is treated with chlorine? Learning about recreational water illnesses (RWIs), which are spread by swimming in contaminated recreational waters such as swimming pools, water parks, lakes, and the ocean, can protect you from illness.

RWIs are caused by germs like "Crypto" (KRIP-toe, short for *Cryptosporidium*), *Giardia* (gee-ARE-dee-uh), *E. coli* 0157:H7, and *Shigella* (Shi-GE-luh) and are spread by accidentally swallowing water that has been contaminated with fecal matter. How does a pool get contaminated? You share the water with everyone in the pool. If someone with diarrhea contaminates the water, swallowing the water can make you sick.

The great news is that germs causing RWIs are killed by chlorine. However, chlorine doesn't work right away. It takes time to kill germs and some germs like "Crypto" are resistant to chlorine and can live in pools for days. That is why even the best maintained pools can spread illness. Therefore, Healthy Swimming behaviors are needed to protect you and your kids from RWIs and will help stop germs from getting in the pool in the first place. Here are six "PLEAs" that promote Healthy Swimming:

- PLEASE don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.
- PLEASE don't swallow the pool water. In fact, avoid getting water in your mouth.
- PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- PLEASE take your kids on bathroom breaks or change diapers often. Waiting to hear "I have to go" may mean that it's too late.
- PLEASE change diapers in a bathroom and not at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
- PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

SOURCE: Centers for Disease Control and Prevention, 1600 Clifton Rd, Atlanta, GA 30333, USA
800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day - cdcinfo@cdc.gov

New Immunization Requirements for 2009-2010 School Year

The State of Texas has added new immunization requirements for students in Texas schools. Beginning with the 2009-2010 school year, all kindergarten students will be required to have two doses of Varicella (Chickenpox) vaccine, two doses of MMR (Measles, Mumps, Rubella) vaccine, and two doses of Hepatitis A vaccine. Also, students entering the seventh grade in the 2009-2010 school year are now required to have the Meningococcal vaccine, two doses of Varicella vaccine, and a booster dose of the Tdap (Tetanus, Diphtheria, Pertussis) vaccine. Please visit our website at www.midlandtexas.gov/departments/health_senior_serv/health_home.html and click on "See New 2009 –2010 Immunization Requirements" for more information.

The Midland Health Department offers immunizations from 8:00 a.m. to 4:30 p.m., Monday through Friday. Please see the advertisement for summer hours on page of this newsletter. A parent/guardian must be present and needs to bring the child's updated immunization record.

Summer Immunization Hours

In an effort to help parents meet immunization requirements, the Midland Health Department will be open extended hours from 5 p.m. to 7 p.m. on three Mondays during the summer.

June 22

July 27

August 24

A parent/guardian must be present and needs to bring the child's updated immunization record.



****Please take advantage of these summer hours, beat the back to school rush!**

H1N1 Response



Midland Health & Senior Services collaborated with our community partners including the City of Midland Police Department, City of Midland Fire Department, the City of Midland GIS Division, the Midland Independent School District, Region 18 Education Service Center, City of Midland / Midland County Emergency Management and the Texas Department of State Health Services to manage the H1N1 "Swine Flu" response.

According to the CDC novel influenza A (H1N1) is a new flu virus of swine origin that was first detected in April, 2009. The virus is infecting people and is spreading from person-to-person, sparking a growing outbreak of illness in the United States. An increasing number of cases are being reported internationally as well.

It's thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread; mainly through the coughs and sneezes of people who are sick with the virus.

It's uncertain at this time how severe this novel H1N1 outbreak will be in terms of illness and death compared with other influenza viruses. Because this is a new virus, most people will not have immunity to it, and illness may be more severe and widespread as a result. In addition, currently there is no vaccine to protect against this novel H1N1 virus. CDC anticipates that there will be more cases, more hospitalizations and more deaths associated with this new virus in the coming days and weeks".

Midland Health & Senior Services asks the public to practice the following standard precautions to reduce the spread of respiratory illness:

- Stay home if you have influenza-like symptoms or other symptoms of respiratory illness.
- Cough or sneeze into the crook of your elbow or into a tissue and properly dispose of the tissue.
- Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth to reduce the risk that germs on your fingers enter your body.